



HILLBROOK HILITES

Hillbrook Tall Oaks Civic Association (HTOCA) Newsletter

Spring 2020

COVID-19: WHAT TO DO, HOW TO HELP

With schools closed and group activities and travel postponed for the foreseeable future, residents of Hillbrook-Tall Oaks have been adapting and preparing for this unprecedented time.

What seemed difficult to imagine even a week ago - schools closing, working from home, non-essential travel and major events coming to a halt - has now become our new norm. Many of us are wondering what we can do to help during these uncertain times, so we have rounded up a few ideas to help.

- **First, stay informed** - for the latest information from reputable sources, visit World Health Organization (www.who.int) and The Centers for Disease Control and Prevention (www.cdc.gov). For Fairfax County news, visit <https://www.fairfaxcounty.gov/health/novel-coronavirus>.
- **If you feel sick, call first** - doctors are advising to call to discuss symptoms and potential treatment prior to visiting a clinic or the emergency room UNLESS it's an emergency. Some health providers offer telemedicine consults versus requiring an in-person visit. Maintain social distance from others and avoid non-essential public outings.
- **Check on your neighbors** - make sure they have the food, paper goods and medicines they need over the coming weeks, particularly the elderly and those who may not be able to leave their homes easily.
- **Take a walk** - a little exercise is good for your physical and mental health and overall well-being. Enjoy the warmer air and get some time outside to enjoy the neighborhood in bloom. Visit one of Fairfax County's many park systems for a family hike.
- **Enjoy working on the lawn and garden** - another way to get some fresh air and exercise during this early spring season
- **Check out our Little Library** - located on Silver Lane near the northeast corner of Dodson Drive (in the Crumplers' front yard), there are plenty of titles for both adults and kids to peruse and borrow



In This Issue...

- Know Thy Neighbor: Meet Eric, Meghan and Adelaide Myers
- Crime Prevention Tips
- Spring Yard Sale Planned
- Community Wellness Group
- Save the Date(s)! HTOCA Full Calendar of 2020 Events

The HTOCA Board is closely monitoring the latest news and will keep you informed as things progress over the coming weeks, including any updates, postponements or cancellations of events and activities listed in this newsletter.

If you have an idea to share with neighbors or would like to help, please email us at hillbrooktalloaks@gmail.com.

HTOCA

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KNOW THY NEIGHBOR: MEET THE MYERS FAMILY!



Photos on this page courtesy of the Myers family

Who's in your household?

Eric, Meghan and Adelaide (Adi), who is almost 3 years old.

How long have you lived in Hillbrook-Tall Oaks?

Ten years! We moved to Winter Lane in November 2009.

Where are you originally from?

We are both from eastern Pennsylvania. Meghan is from Allentown, and Eric is from Coatesville. We both went to Penn State but first met in the DC area after moving here for our jobs.

Any interesting memories living here?

For a brief time, there was a fox den in the yard across the street from us, and we got to watch the litter get fed by their mother and grow up! It's also been fun to have all the kids in the neighborhood. They were just babies when we moved in and now they run the joint.

What's your favorite part about our neighborhood?

How friendly everyone is! When we first started looking at homes in the neighborhood, one thing that stood out was that everyone waved as they walked by. We also love that there are so many dogs – Adi is thrilled to see each one walk by our house. We love that this neighborhood is a quiet oasis but still convenient to so much. All the old, tall trees are a treasure that you can't get (anytime soon) in a new neighborhood.



What advice do you have for our newer residents?

Attend the Ice Cream Socials and Halloween Parade/Okttoberfest! They're a great way to meet your neighbors and put names to the faces you see every day.

CRIME PREVENTION: TIPS FOR PREVENTION

Burglaries are a relatively rare event in Hillbrook-Tall Oaks. With a few simple steps and basic security precautions, we can prevent these incidents without incurring the expense of burglar alarms, security monitoring services, and transferring details about your family for all of the world to see on the Internet.

Many break-ins might be preventable with the following low-cost and more expense steps.

Simple, Low-Cost Steps to Protect Your Home:

1. Make sure that you have well-made, functioning exterior door locks:

- Entranceway Door Handle with interior thumb lock
- Deadbolt lock with at least a 1" throw

Some homeowners like to use a deadbolt that has an electronic keypad as well as a conventional key lock mechanism. The one drawback is that it does not lock or unlock the lower entranceway lock – meaning the lower lock must be left unlocked.

2. Install at least one exterior light with built-in motion detectors for the front porch, back porch door and stairwell basement doors. Set the sensitivity to "HIGH."

3. Always LOCK your house windows and doors at night...AND when you leave your house during the daytime, too.

4. At night, ALWAYS leave at least one exterior light on in the front exterior of your house and one in the back of your house.

5. Leave a couple of interior lights on during the night, perhaps in the living room light and one in a room located at the back of the house.

6. When going on vacation, ALWAYS LEAVE a few interior lights on in the basement, first floor and second floor. Also be sure to leave exterior lights with motion detectors activated (this means leaving the power for the motion detector lights in the ON position.

Note: Too many people in our neighborhood go on vacation and leave their houses dark. This is a flashing light to burglars that nobody is home - and that the house is a prime target. Notify your neighbors that you are going out of town and leave a phone number where they can reach you. If you arrive home and find a house door open, DO NOT ENTER THE HOUSE. Call 911, go to a neighbor's house, and wait for the police to arrive.

More Expensive Ways to Protect Your Home:

- **Get a burglar alarm system** installed by a reputable, established company and pay a monthly fee
- **Buy a do-it-yourself security system** that works with an Internet-based service provider that may or may not store account data and images offshore
- **Install a camera/motion detection system** that provides 24-hour coverage of all persons entering your property



Questions?

Need to Pay Your
Annual \$25 Dues?

Want to Get Involved?

HTOCA

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Email:

[hillbrooktal-
loaks@gmail.com](mailto:hillbrooktal-loaks@gmail.com)

Visit our website:

www.HTOCA22003.org

HTOCA SPRING YARD SALE: SATURDAY, MAY 2

Why not put that unplanned time at home to good use and start spring cleaning a little earlier this year? **On Saturday, May 2, we will hold for our first-ever neighborhood yard sale!**

Yard sales will be held at our individual residences, not at a central location. If you're interested in holding a yard sale, please contact **Andrea Mulhearn**, who has volunteered to coordinate this event. Contact Andrea at 703-786-2400 or amulhearn@2scaleinteriors.com to RSVP no later than April 11.

The HTOCA Board of Directors will advertise the Yard Sale in several ways:

- Sharing information on multiple websites
- Purchasing an ad in the Washington Post
- Posting physical signs outside the neighborhood

Andrea will create a map of all neighbors who RSVP to distribute to all yard sale participants. When buyers arrive at any home holding a sale, they can take a map to direct them to the other homes.

As a backup date, we have penciled in Saturday, May 9, in case of inclement weather. We look forward to hearing from you soon!

SAVE THE DATE(S): UPCOMING HTOCA EVENTS

Here is the official HTOCA Calendar of Events for the rest of 2020. Events and dates are subject to change, so check your email for updates and details.

- COMMUNITY WELLNESS GROUP: Information session on Saturday, March 28, then Saturdays between April 4-September 26. See p5 for more details and to sign up
- EARTH DAY CLEANUP: On or around Saturday, April 22 near George Mason Library. Contact **Mary Jane Balicki** (maryjanebalicki@gmail.com) for details
- SPRING YARD SALE: Saturday, May 2 (backup date Saturday, May 9). See info above to sign up
- FOOD TRUCK SATURDAYS: Fourth Saturday of the month starting this summer
- ICE CREAM SOCIAL: Sunday, June 7
- NEIGHBORHOOD BLOCK PARTY: Sunday, September 13
- HALLOWEEN PARTY AND OKTOBERFEST: Sunday, October 25

COMMUNITY WELLNESS GROUP IS BACK

Join us for an information session about the **Hillbrook-Tall Oaks Community Wellness Group on Saturday, March 28!**

Meet your neighbors and get a little “me time” in before the craziness of the weekend begins.

This wellness group began in March 2019 to bring female residents in the Hillbrook Tall Oaks neighborhood together on Saturday mornings to exercise, be healthy and socialize with fellow residents.



Photo courtesy of Alisha Martinez

- Sessions will take place on Saturdays between April 4 and September 26, and last approximately 30 minutes
- This year’s program is expanding to offer cardio, walks around the neighborhood, jogs to the local Starbucks, yoga and meditation, and a few social events (e.g., pool party, BBQ, end of program celebration)
- Participants should RSVP if they plan to attend to help with planning
- Bring a water bottle and yoga mat for cardio, yoga & meditation sessions, which meet behind Poe Middle School
- There is no cost to participate
- Children are welcome to attend any of the morning walk sessions

Program Instructor **Alisha Martinez** invites all women from our neighborhood to learn more about the program over muffins and coffee on **Saturday, March 28 at 9:00 a.m.** at her home. Please RSVP to alishakmartinez@gmail.com or 617-290-0728.

To learn more about the open house and program, obtain a calendar of events or receive more information, please visit the website **mybellafitness.weebly.com**. We look forward to seeing everyone at the open house in a few weeks and at the workouts this spring!

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